

February 3 - February 16, 2012

2012年2月3日~ 2月16日

Thousands flock to Chinatown Chinese New Year Celebrations



PHOTO BY KANE CARPENTER - Banners, firecrackers, traditional dancing and music engulfed Chinatown as Boston came to participate in celebrating Chinese New Year with the Chinese community.

By Kane Carpenter
SAMPAN EDITOR

An electric atmosphere engulfed Chinatown on January 29 as thousands of spectators filled the streets to watch the Chinese community put on martial arts, lion dance, and dragon dance performances in celebration of the Chinese New Year.

With entertainment set up at many street corners in Chinatown, spectators were treated to displays of traditional Chinese festivities at every turn. On one end of Chi-

natown, at the intersection of Harrison Avenue and Essex Street, a stage was set up for martial arts performances. On the other end of Chinatown, at the intersection of Harrison Avenue and Kneeland Street, crowds followed a lion dance display, which traveled from storefront to storefront.

Chinese New Year, which year after year draws large crowds to the Chinatown area, is the most significant and important of Chinese celebrations. Signifying the beginning of the lunar calendar, Chinese New Year day occurred on January 23 this year.

MBTA Fare Hikes *How will you be affected?*



PHOTO BY KANE CARPENTER

As the main means of transportation for much of the community, the Massachusetts Bay Transport Authority's (MBTA) proposal to increase fare prices and cut many services spells trouble for many whom depend on public transportation to get around.

Customers of the T, the moniker used to describe the many services the MBTA offers, take more than 1.3 million trips every weekday. Despite these numbers, the T faces a \$185 million deficit in op-

erating expenses in fiscal year 2013, which makes financially sustaining the service precarious.

The three reasons the MBTA states have contributed to the organization's structural budget deficit are:

1. The MBTA's operating costs for energy, fuel, and health care have continued to rise, and costs for THE RIDE – a service dedicated to providing door-to-door transportation for eligible people

上千民衆齊集華埠 慶祝農曆新年



喜慶的氣氛在1月29日籠罩著整個華埠，成千觀眾擠滿大街小巷，觀看武術、舞獅和舞龍等表演，熱熱鬧鬧地慶祝農曆新年。

(詳文請見反面中文第一版)

East West Bancorp Reports Record Earnings in 2012

By Kane Carpenter
SAMPAN EDITOR

On January 19, East West Bancorp, Inc., parent company of East West bank, reported record net income for the full year of 2011 and an increase in annual dividend rate to \$0.40, as well as a new \$200 million common stock repurchase program, according to a press release.

"East West earned \$245.2 million for the full year of 2011, the highest ever in our history," said Dominic Ng, Chairman and Chief Executive Officer of East West. "In the fourth quarter of 2011, East West earned net income of \$66.2 million or

\$0.43 per share, up from \$62.4 million or \$0.41 per share in the third quarter. In fact, throughout 2011, East West consecutively increased both net income and EPS each quarter."

"These strong results for the fourth quarter and full year of 2011 were a direct result of our success in growing the loan portfolio and core deposits to record levels, while maintaining tight control on operating expenses and significantly reducing credit costs," Ng continued. "Although the current environment continues to pose challenges for the financial services industry, East West has been able to outperform many of its peers."

who cannot use public transportation – have grown by nearly 400 percent over the last decade. While THE RIDE's operating costs have increased over the past 10 years, the primary cost increase has been due to exponential growth in ridership on that service.

2. The T is financially burdened with principal and interest payments on \$5.2 billion in debt that consume nearly 30 percent of its annual operating budget.

3. Since 2000, the T's primary source of funding (a 20 percent share of state-wide sales tax receipts) has not produced the steadily increasing revenue stream originally proposed.

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中文第一版
華埠新聞

COMIC

Empty Bamboo Girl

by Lillian Chan



02-02-12



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The Immigration Debate: Legality or Justice?

By Lydia Lowe
GUEST CONTRIBUTOR

Today's misguided immigration debate centers on the question of legality.

Many argue that immigrants with legal status should have rights to government benefits and services, but the undocumented should not, because they are illegal. If our government already doesn't have the money to adequately provide for our own citizens, the argument goes, how can we extend services to those who came here illegally? Immigration is out of control and can be solved with more border patrols and ID checks.

There are several major problems with this argument.

The Undocumented Give More Than They Take

Many politicians, talk show hosts, and voters are not aware that the undocumented are in fact ineligible for most government benefits. Welfare, unemployment, social security, SSI, job training programs, MassHealth, food stamps—all of these programs require legal residency, and many require five to ten years of contributing as a tax-

payer before becoming eligible to receive benefits.

There are an estimated 6 to 8 million undocumented workers in the US today, doing jobs like farm labor or janitorial services that few domestic workers seek. The undocumented also pay taxes; researchers believe the majority of the undocumented pay federal, state, and local taxes. The average immigrant will pay \$80,000 more in taxes than they use in government services over their lifetime. Since many undocumented workers must use false Social Security numbers to work, the Social Security Administration holds more than \$400 billion in deductions from undocumented immigrants who will never reclaim these benefits.

The primary government benefits which the undocumented may receive are access to the public schools for their children and limited emergency medical services.

Our Government Has Money for War and Bank Bailouts

If immigrants and the undocumented are not eating up government revenues, then why are we constantly facing budget shortfalls? Isn't the Social

Security system going bankrupt and the unemployment trust fund running out of funds?

Factors like a larger aging population and the economic recession have combined to stress certain government accounts. Yet our tax dollars could provide adequate funds to cover our basic human needs if our government had its priorities straight. About 58 percent of our tax dollars goes to military expenditures, and we have spent trillions of dollars on the bank bailout.

The United States has only 6 percent of the world's population but is responsible for about 45 percent of the world's military expenditures—as much as the next ten countries combined! A 25 percent reduction in the military budget would free up \$250 billion that could be redirected to human needs. Withdrawal from Iraq and Afghanistan would result in \$110 billion in savings in the first year.

To read the entire piece, go to Sampan.org

Lydia Lowe is the Director of the Chinese Progressive Association

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Detailed job descriptions on these and other positions, as well as application instructions available on www.cambridgema.gov click on JOBS. We are an AA/EEO Employer.



Financial Steps For Recent Widows

By CERTIFIED FINANCIAL PLANNER™ Michael C. Tow

CERTIFIED FINANCIAL PLANNER™, Michael Tow is President of New Boston Financial. He is a registered representative of, and offers securities and advisory services through Commonwealth Financial Network- a member firm of FINRA/SIPC and a Registered Investment Adviser. He is located at 58 Harvard Street in Brookline and can be reached at 617-734-4400 or www.newbostonfinancial.com

Losing a spouse can be one of the worst things that can happen in someone’s life. Along with the grief, and reality of a different way of life, the issue of losing a spouse also raises financial issues, which can add to the already overwhelming traumatic experience. More often than not, it is a woman who is taking them on.

According to the National Center for Women and Retirement Research: Nine out of ten women will be responsible for their own finances at some point in their lives.

Over 75 percent of the women in the United States are widowed at an average age of 56, and one-fourth of them will be broke within two months of their husband’s death.

Only 15 percent of the women who are married or living with a significant other assume responsibility for their retirement planning.

Almost 90 percent of the elderly living in poverty today are female.

Many widows who have just lost a spouse are overwhelmed with everything it takes to get their affairs in order and because of they can be vulnerable and unwise decisions can be made. Here are some recommendations that may help during this difficult time.

Delay any major decisions

People often rush through decisions, such as selling their homes or purchasing investment holdings, shortly after the death of their spouse. Because the grief is so painful many just want to get it all over with. Certain bills and funeral expenses need to be taken care of relatively quickly, but most other moves can wait.. Please do not make any changes right away. Learn what you can about your finances and keep the bills up to date. But don’t make major life changes like moving or job changes.

Many widows want to reduce as much hassle and bills as they can and a common reaction is to want to pay off the mortgage. This ultimately may be the right answer but it also could cause major liquidity issues if you don’t have a clear view of your financial picture.

Make an inventory of all assets

When things have settled a bit, the next area to try to focus on is on gathering, organizing and making an inventory of all assets and liabilities.

You will need to get control of the household bills if you weren’t paying them previously. Also you will need to collect and organize your

and your husband’s financial and personal assets, including:

Bank and investment accounts, Safety Deposit Boxes, life insurance and other accidental or sudden death benefits, Social Security survivor benefits, annuity benefits, pensions , etc.

If you have trusted advisors like attorneys, accountants or Certified Financial planners, contact them to see if there are other assets that you did not account for.

Develop a financial plan

Once you think you have gone through all of the accounting of your assets and the time is right, you’ll eventually want to create a financial plan tailored to you. This may be best in conjunction with a family member and trusted advisor but don’t be pressured because remember this needs to feel right for you.

Your life may feel in complete disarray right now, but I know you have the strength to get through this and in time you will be amazed at how resilient you can be.

If you have a topic that you would like me to discuss in a future article please email me at mtow@newbostonfinancial.com.

EWB's Record Earnings in 2012

Continued from Page 1

Record Earnings – East West increased net income each consecutive quarter of 2011. For the full year of 2011, net income totaled a record \$245.2 million, a 49 percent or \$80.7 million increase from \$146.6 million in 2010.

Strong Loan Growth – Total non-covered loans grew to a record \$10.6 billion, an increase of 18 percent or \$1.6 billion during the full year of 2011. The growth of non-covered loans was fueled by strong growth in commercial and trade finance loans and single family loans.

Record Deposit Growth – Total deposits grew to a record \$17.5 billion, a 12 percent or \$1.8 billion increase over 2010. Core deposits grew to a record \$10.3 billion.

Improved Asset Quality – Charge-offs and provision levels decreased each quarter of 2011. Net charge-offs for 2011 were \$112.1 million, a 45 percent or \$90.5 million decrease as compared to 2010. Non-performing assets remained low at 0.8 percent of total assets.

Strong Capital Levels – Capital levels for East West remain high. As of December 31, 2011, East West’s Tier 1 risk-based capital and total risk-based ratios were 14.8 percent and 16.4 percent respectively, over \$800 million greater than the well capitalized requirements of 6 percent and 10 percent, respectively.

For full report, go to Sampan.org

MBTA Fare Hikes

Continued from Page 1

To battle these budget difficulties, the MBTA has proposed two scenarios that would close the projected deficit. Scenario 1 includes a higher fare increase and a smaller number of service reductions, while scenario 2 includes a slightly lower fare increase but larger service reductions.

Scenario 1 incorporates a 43 percent overall fare increase for all fare media types. This would help the MBTA gain \$161 million in annual revenue through a \$123.2 million increase in fare revenue and \$38.3 million net operating savings.

Scenario 2 incorporates a 35 percent overall fare increase for all fare media types. This would help the MBTA gain \$165 million in annual revenue through a \$86.8 million increase in fare revenue and \$78.4 million net operating savings.

Our Special Travel Issue is Coming Out On March 9th!
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number of persons in household	LOWER INCOME		MODERATE INCOME	
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		2 BR UNITS 3 BR UNITS		2 BR UNITS 3 BR UNITS
1	\$45,500	*	\$75,350	*
2	\$52,000	\$140,000	\$86,130	\$240,000
3	\$58,500	(est. \$314/mo.)	\$96,910	(est. \$372/mo.)
4	\$65,000	\$150,000	\$107,580	\$260,000
5	\$70,200	(est. \$416/mo.)	\$116,270	(est. \$492/mo.)
6	\$75,400	*	\$124,850	*

*Not an appropriate household size for this unit; exceptions may be appropriate for households with persons with health requirements. Units available for mobility and hearing disabled.

Application & information available at www.brooklinema.gov/housing/currentopportunities, by calling (617) 730-2091, at Planning Dept. Brookline Town Hall, Room 309, 333 Washington Street, Brookline, at Brookline public libraries, and at **INFORMATIONAL SESSIONS: Feb. 8, 13, 27 & 29, 5:30-7:30 pm, 6th Floor Hearing Room, Brookline Town Hall.** Lottery Application, Documentation & Bank Pre-Approval due as soon as possible, but no later than **noon on March 30** for inclusion in lottery.

(late applications reviewed on first-come, first-served basis if units remain)
Reasonable accommodations will be made for those who require them



It is unlawful to discriminate against any person because of race, color, religion, familial status, age, sex, sexual orientation, disability, veteran's or military status, national origin, ancestry, marital status, source of income or genetic information.



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Written Examination:
Saturday, April 28, 2012

Application Deadline: March 19, 2012*

* Please note: There will be an additional \$50 processing fee for applications received after this date. Applications will not be accepted after April 2, 2012

You must take and pass an Entry-Level Physical Abilities Test to be placed on the eligible list.

Apply online at www.mass.gov/civilservice using Visa or Mastercard or submit an application with a **\$100 fee** payable by money order to the Commonwealth of Massachusetts or request a fee waiver. No personal checks or cash will be accepted.

For applications or additional information about the examination eligibility requirements, visit our website or call 617-878-9895. Outside the Boston area, call 1-800-392-6178. Recorded information is available 24 hours a day.

Women, minorities, veterans and people with disabilities are encouraged to apply.

The Commonwealth of Massachusetts is an affirmative action/equal opportunity employer.

www.mass.gov/civilservice

Chinese Historical Society of New England hosts Historian Mae Ngai



PHOTO BY KANE CARPENTER - Author and historian Mae Ngai speaks about her new book at BCNC

By Kane Carpenter
SAMPAN EDITOR

Award-winning author and historian, Mae Ngai, spoke at the Boston Chinatown Neighborhood Center about her latest publication, *The Lucky Ones*, to a packed room on January 28.

Over 50 people attended the lecture, set up by the Chinese Historical Society of New England, which incorporated a question and answer period, as well as an opportunity for attendees to get their copies of Ngai's book signed.

The *Lucky Ones* follows the "middle-class" lives of the prominent Tape family through their trials and tribulations of navigating the tricky late 19th century, early 20th century period of American history.

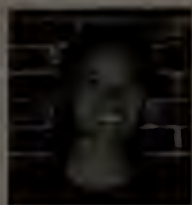
In her latest book, Ngai makes the case that the Tape family, most well-known from the historic Tape v. Hurley case which allowed Chinese-Americans the opportunity to be educated in the United States, brings many new aspects to Asian-American culture with respect to how it should be viewed in terms of social standings and stereotypes.

Ngai's research takes the reader on a voyage through the rich history of the Tape family – from the origins of Mary and Joseph Tape and how the two protagonists became acculturated, to the eventual dissembling of most of the family members' marriages.

"I was interested in the Chinese-American middle class," said Ngai at the lecture. "And through their story, I was interested in telling the story of the formation of the Chinese-American middle class."

Ngai's book offers the reader a telescopic look into the lives of the Tape family as well as the family's neighbors in the San Francisco Bay area where patriarch Joseph Tape made his fortune. Through a multitude of photographs and written documents, Ngai tells the gripping story of loyalty, distrust and wealth through the eyes of the Tape family – a family that predominantly worked as interpreters for immigration departments of the time.

Ngai's book, *The Lucky Ones: One Family and the Extraordinary Invention of Chinese America*, is available in Hardcover on Amazon.com.



"GET REAL!" with Mildred Wong Drama-Free Real Estate Advice

MYTH: There is plenty of time to secure an apartment. September 1st is still seven months away.

FACT: Boston's rental market remains one of the tightest and priciest in the country. In 2011, the vacancy rate was 4.4% at the end of June, and even lower in neighborhoods that are desirable to young professionals and students. Landlords quickly reached 100% occupancy due to fewer turnovers than in previous years. As a result, they raised rent prices because supply was low and demand was still strong. And most landlords left the cost of the broker fee to the tenant.

We are two months into the new year. Those of you who have rented apartments know the rush to find your next apartment is on the horizon. Some of you may have already started your search. Great! Some of you may still be deciding whether to ditch your roommate and get your own place. Get cracking! Regardless of the stage you're in, rental season has begun.

Most of Boston's rental market operates around local colleges with September 1st being the traditional changeover date. Even if you're out of school, this date will still define your search. Think there is ample time since there is still snow on the ground? GET REAL! Due to unprecedented vacancy rates in the city, many landlords have already released their September 1st listings. In 2011, there was a serious lack of apartment inventory by the first week of August. If you wait until the warmer months, you will likely be faced with very limited and often less desirable options. The search is on!

Start your search early to take advantage of the larger inventory and more stable prices that are set at the beginning of the rental season. Those looking for larger 3-5 bedroom units should start now. Since these apartments are typically limited to begin with, they will always be the units that rent the fastest. By the end of March, it will be quite challenging to find a quality and well-priced apartment of this size. Expect an average range of \$2400-3000 for 3-bedrooms; \$2600-3600 for 4-bedrooms; and \$3000-4600 for 5-bedrooms.

Those looking for smaller studio, 1-bedroom, and 2-bedroom units have a little more time, but again,

don't wait. The inventory is generally greater for these apartments, but by starting early, you will get the chance to see top quality units before they get rented. Expect an average range of \$1250-1400 for studios; \$1350-1700 for 1-bedrooms; and \$1650-2100 for 2-bedrooms.

If you see a unit for less than these prices, TAKE IT! Underpriced budget apartments are the first to go. If you are already paying less, decide if you really need to move.

Seen some apartments but still need to think about it? GET REAL! With such a limited supply of housing available, you really do not have the luxury to "shop around." If you like a unit, TAKE IT, because chances are 10 other people are looking at that same unit that same day who will not hesitate to take it. Flexibility is the key to finding your apartment, as the apartments you see may not have every item on your wish list. Know your priorities going in so you can make a decision on the spot.

Finding housing is a priority, so set aside a day to look. The more ahead you are of everyone else, the better your odds will be at securing an apartment that will be the envy of your friends.

CALL TO READERS: In the process of apartment hunting and have questions? Call or email and your topic could be the next discussion. Mildred Wong is a Licensed Real Estate Agent at City Central Realty, LLC. She can be reached at 617-236-2020 or mildred@citycentralre.com. Follow her on Twitter: @GetRealwMildred.

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Applications may be picked up in Provincetown at:

- Town Hall (lower level) Council on Aging
- Unitarian Universalist Meeting House
- Methodist Church
- Helping Our Women (HOW)
- AID's Support Group and Library

In Truro at the Library and Council on Aging. In Wellfleet at the Library and at Outer Cape Health Services.



Long Term Lease Opportunity

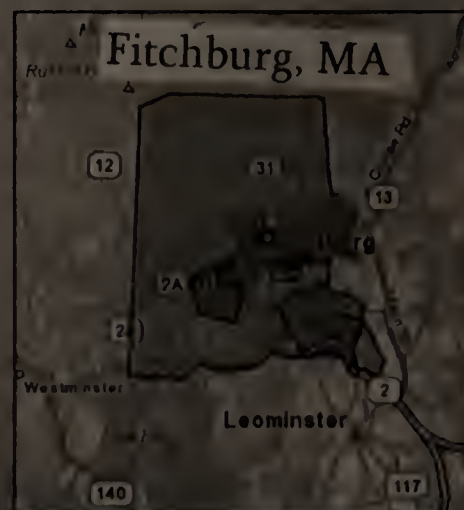
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NOTICE TO BIDDERS

Sealed bids for **MBTA Contract No. W43CN02, ALEWIFE GARAGE REPAIRS PROJECT, CAMBRIDGE, MASSACHUSETTS, CLASS 7, BUILDINGS AND PROJECT VALUE - \$3,144,000.00** will be received by the Director of Contract Administration at the Contract Administration Office, 6th Floor, Room 6720, Transportation Building, 10 Park Plaza, Boston, Massachusetts, 02116-3975, until two o'clock (2:00 p.m.) on **February 28, 2012**. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work consists of the following repairs: concrete repairs to the parking garage precast concrete double tees, concrete columns, concrete beams; repairs to damaged drain pipes; removing and replacing expansion joints; recaulking joints; replacing damaged skylight panels; replacing scupper grates and floor plates; and performing a CCTV inspection of the existing drainage system.

This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. FTA Participation 80 percent.

Each prospective bidder proposing to bid on this project must be prequalified in accordance with the Authority's "Procedures Governing Classification and Rating of Prospective Bidders." Copies may be obtained from the Contract Administration Office at the above address. Requests for prequalification for this Project will not be accepted by the Authority after the tenth (10th) day preceding the date set for the opening of bids.

Prequalified bidders may obtain from the Contract Administration Office a "Request for Bid Form" which must be properly filled out and submitted for approval.

Bidding documents may be obtained from the Contract Administration Office at the address above from 8:30 a.m. to 4:00 p.m., beginning on **January 26, 2012**, Monday through Friday, at no charge. Copies of the Bidding Documents will be available in electronic format (CD). Contract Specifications shall be available in portable data file (.pdf) format and Contract Drawings shall be available in Tagged Image File (.tif) format. If requested, Bidding documents will be shipped for a fee of \$25.00, made payable by check to MBTA. For overnight mail service, a completed mailing label, with an approved carrier account number (i.e. Federal Express), must be included. All bidding documents requested by check will be shipped via U.S. Postal Service. **NONE OF THESE CHARGES ARE REFUNDABLE.**

Bidder's attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity; and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. In addition, pursuant to the requirements of Appendix 3, Disadvantaged Business Enterprise (DBE) Participation Provision, Bidders must submit an assurance with their Bids that they will make sufficient and reasonable efforts to meet the stated DBE goal of 18% percent.

Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit Bids and will not be discriminated against on the grounds of race, color, religion, sex, age, or national origin in consideration for an award.

Bidders will be required to comply with Federal Equal Employment Opportunity Regulations and the President's Executive Order No. 11246 and any amendments or supplements thereto. Bidders will also be required to comply with the Governor's Executive Order No. 481, prohibiting the use of undocumented workers on State Contracts and any amendments and supplements thereto.

Authorization for the Bidders to view the site of the work on the MBTA's property shall be obtained from the **Project Manager, Marjorie Madden, 500 Arborway, Jamaica Plain, MA 617-222-3797**. The Authority will conduct an inspection tour of the site on **February 7, 2011**. Bidders are requested to be present at the **Alewife Garage roof level at 10:00 AM** to participate in the tour. Bidders are advised that they should have representation at this tour as no extra visits are planned.

A pre-bid conference will be held on **February 9, 2011 at 10:00 a.m. at the MBTA Offices, 500 Arborway, Jamaica Plain, MA, Conference Room #1, First Floor; Project Manager, Marjorie Madden, 617-222-3797**. Any request for interpretation of the Plans and Specifications should be submitted in writing at the same time.

Bidders will be required to certify as part of their bids that they are able to furnish labor that can work in harmony with all other elements of labor employed or to be employed on the work.

This Contract is subject to Federal wage and hourly laws and minimum State wage rates as well as all other applicable labor laws.

Bidders are advised that the "Buy America" provisions of the Surface Transportation Assistance Act of 1982 (Pub. L-97-424) as amended, apply to any Contract, procurement or agreement which results from this solicitation.

Bid Guaranty shall consist of a bid deposit in the amount of five (5) percent of the value of the bid, in the form of a bid bond, cash, certified check, treasurer's or cashier's check.

The successful Bidder shall be required to furnish a Performance Bond and a Labor and Materials Payment Bond each for the full amount of the Contract price.

The Authority reserves the right to reject any or all Bids, to waive informalities, to advertise for new Bids or proceed to do the work otherwise, as may be deemed to be in the best interests of the Authority.

This information may be viewed at the MBTA website:

http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY

Date: **January 24, 2012**

By: Richard A. Davey
Secretary and Chief
Executive Officer of
MassDOT

Jonathan R. Davis
Acting General Manager of the MBTA
& Rail & Transit Administrator
of MassDOT

Diabetes

Are you at risk?

With help from Alice DiCenzo, RN BSN CDE, Program Coordinator at the Joslin Diabetes Center at Hallmark Health

There are 57 million people in the United States who are at high risk for getting diabetes. Having diabetes can raise your risk of heart disease and other health problems, so it is important to understand whether you are at risk or not.

Be sure to get checked for diabetes at your next routine medical visit, especially if you:

- Are overweight (a body mass index of 25 kg/m² or higher, or 23 kg/m² if you are of Asian descent)
- Have a waist circumference greater than 35 inches (for women) or 40 inches (for men)
- Get too little physical activity
- Have a parent, sister, or brother with diabetes
- Are of African American, Latino/Hispanic American, Asian American, Native American or Pacific Islander descent
- Have had a baby weighing 9 pounds or more or have had gestational diabetes (diabetes during pregnancy)
- Have an A1C of 5.7% or higher
- Have been told that you have Impaired Glucose Tolerance (IGT) or Impaired Fasting Glucose (IFG)
- Have high blood pressure (higher than 140 over 90)
- Have a HDL (good) cholesterol less than 35 and/or triglycerides (blood fats) that are higher than 250
- Have Polycystic Ovarian Syndrome (PCOS)
- Have a history of heart disease (heart attack, angina, stroke)
- Have velvety brown markings on your neck or under your arms

Symptoms

Even though some people with diabetes will never have any symptoms of the condition, many people who develop diabetes will show one or more of the symptoms that follow:

- Increased thirst
- Frequent urination
- Weight loss
- Blurred vision
- Increased hunger
- Extreme unexplained fatigue
- Frequent skin, bladder or gum infections
- Irritability
- Tingling or numbness in hands or feet
- Wounds that heal slowly

How to control diabetes?

By making healthier food choices, you can help you control diabetes if you have developed the condition. Eating smaller portions and less fat, as well as spreading your intake of carbohydrates throughout the day. Even the little things help.

If you are overweight, put a lot of effort into losing weight. This will mean that your body can make better use of the insulin that you give it. By increasing your daily physical activity, aiming for roughly 30 minutes of exercise every day, not only will contribute to a healthier body but you can control your diabetes, too.

Three Tests

Here are three tests that your doctor can use to check you for pre-diabetes or diabetes:

1. A blood test that measures your fasting glucose, when you have not eaten or drunk anything for at least 8 hours
2. An oral glucose tolerance test (OGTT). Blood glucose is checked before and two hours after drink a special glucose drink
3. A blood test that measures A1C, a measure of average blood glucose over the past 2 to 3 months

Tufts Medical Center Chinese New Year Celebrations



PHOTOS BY KANE CARPENTER - Tufts Medical Center CEO Eric Beyer speaking at the institution's Chinese New Year celebrations

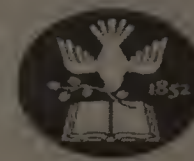


By Kane Carpenter
SAMPAN EDITOR

Tufts Medical Center held its Chinese New Year celebrations on January 31, by holding a lion dance performance, as well as inviting students from the neighboring Josiah Quincy Elementary School to perform dances and instrumental music.

Close to 100 spectators crowded into the Tufts Medical Center lobby to watch the festivities.

Prior to the start of the celebrations, Tufts Medical Center CEO Eric Beyer made the announcement that the Medical Center had been named one of the "Most Admired Health Care Companies/Institutions in Boston" by the Boston Business Journal. Beyer then went on to say that supporters of the Medical Center could vote for the hospital to win the "Most Admired" up to three times a day for the next couple of weeks.



Tufts
UNIVERSITY

School of
Dental Medicine

Free Dental Screening Offered

February 22, 2012

4:30 pm – 6:30 pm

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Licensure Exam**

Who might qualify? People with one or all of the following:

Small Cavities

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Periodontal (Gum) Disease

**People who have not been to the dentist in several years
or more**

**Please contact Nicole Wade at 617-636-6791 to schedule
an appointment**

Space is limited

**Tufts University School of Dental Medicine is located at
1 Kneeland Street
Boston, MA 02111**

Malden Lunar New Year Celebration

By Anna Tse
SAMPAN CORRESPONDENT

On January 28, the third Annual Lunar New Year Celebration was held at Jenkins Auditorium in Malden High School . The event was hosted by (MAPAC) Malden Asian Pacific American Coalition, and welcomed everyone to attend. About 650 people turned out to join the celebration of welcoming the year of the Dragon.

The more than three and a half hour event of both western and eastern performing arts included Lion Dance, martial art, Chinese fan and folk dance, guzheng and Chinese hammered dulcimer music performance, hip hop dance and duet singing, children dance, and a fashion show that was organized and performed by the Malden High school students. A Chinese calligrapher showed off his skills by writing Chinese new year lucky phrases on special red paper to give away to anyone who would liked to have had one.

Stolen away from a hectic schedule of meetings, Malden Mayor Gary Christenson came out wearing blue with dragon patten traditional Chinese New Year outfit. He took the stage, greeted and wished everyone a prosperous year of the dragon with a laconic speech. He reminded residents that his office always welcomes them to visit, and will listen to their concerns and suggestions in

how to make Malden, their home, a better place.

"I thought the show was great. I have seen the show in the past few years, there are a lot of good talents on stage, and you can see the people who put on the show really put effort into it." Bob Kirby, a Malden resident, was among the audience, told Sampan.

Mei Hung, the exective director of Malden Chinese Culture Connection, said she hope next year to put up more information, so more people will come and join the celebration.

Lucy Liu, a perfomer, and also the event organizer said, "We have performers who are children, and seniors, they came from different part of society. And it's also wonderful to see how different ethics groups among Chinese come to celebrate the lunar new year. From wearing different outfits of different ethics group, we try to remind people the diversity among Chinese culture." she later on said, "we hope to send the message to people, so that they know China indeed is a vast country, with many different ethics groups, each of them is different, and when we all come to celebrate Chinese New year, it's a beautiful thing." Mei Hung thanked all the support from individuals and the many organizations

brought together for the success of the show. Among them were 120 performers and 30 volunteers, "I hope the joyous time the show bought to people will also help them to promote Chinese cuture, embrace, and appericate their heritate more," Hung said.

BIDMC Celebrates Lunar New Year, Welcomes the Year of the Drago

The Beth Israel Deaconess Medical Center community gathered on Jan. 20 to celebrate the Lunar New Year with music, dance, a look at cultural history and good food, and the promise of more babies born at BIDMC in 2012.

Helen Chin Schlichte, a member of the BIDMC Board of Directors and master of ceremonies for the celebration welcomed guests as they ushered in the Year of the Dragon, "the mightiest of the 12 zodiac signs," she said. People born under the sign of the dragon are considered especially lucky. It is thought that they will be powerful and wise. "So, we could see an increase in the use of maternity services this year," she good-naturedly predicted.

Framed by red paper lanterns in a standing room only Sherman Auditorium, Kevin Tabb, MD, BIDMC President and CEO, noted the medical center's strong history of serving the needs of patients with cultures based in China, Taiwan, Hong Kong, Vietnam and more. He also reiterated BIDMC's commitment to serving the needs of the South Cove Community Health Center, which he called "the premier Asian community health center in Massachusetts and one of BIDMC's longest-running community partnerships."

South Cove staff, including Executive Director Eugene Welch, attended the celebration.

Attendees were treated to a colorful and boisterous Lion Dance by the Wah Lum Kung Fu and Tai Chi Academy of Malden, MA. In addi-

tion, Nancy Berliner, PhD, Curator of Chinese Art at the Peabody Essex Museum in Salem, made a presentation on the Yin Yu Tang Chinese House and Art Exhibit.

"Thousands and thousands of pieces of the Yin Yu house originally located in southeast China were transported in 19 containers to the Peabody Essex Museum where they were painstakingly put back together by Chinese carpenters and masons," Berliner said. In early 2004 the Huang family, who lived in the Yin Yu house for generations, traveled from China to celebrate the opening of the exhibit. Upon arrival, according to Berliner they said, "We had to go all the way to America to come home for New Year."

Event guests were also treated to the singing, colorful costumes and instrumental music of Beijing Chinese Opera presented by members of the Boston Beijing Opera Association. Three pieces were performed including an aria from Gan Ro Temple that is based on the Three Kingdom period in Chinese history, a duet between Yang XiLang, a prince of the Northern Song Dynasty and his wife, Princess Qiong-e, and a special performance by BIDMC's own Qingen Ke of Cardiology who played a Jing-Hu solo called The Deep Night.

As those celebrating New Year filed out of the room and back to work, they were treated with a luncheon snack from the New Moon Villa Restaurant.

HIRING

**CFO/Treasurer-Collector
CITY OF MALDEN**

- * Overall budgetary & financial administration in accordance with Massachusetts General Laws & Department of Revenue regulations.
- * Required five years experience in senior management with CPA designation or master's in accounting, finance or business field.
- * Public sector experience a plus.

For full details go to
www.cityofmalden.org and click on 'Employment.'

Presidential Gardens Apartments
140 Evergreen Drive
Bradford, MA 01835

announces the opening of waitlists for one and two bedroom apartments.

From 9 AM January 30, 2012 until 1 PM February 24, 2012 we will open our waitlist for the very low income category for our two bedroom apartments, and our waitlists for the extremely low AND very low lists for our one bedroom apartments.

The waitlists for low and moderate income applicants will remain open.

For two bedroom applicants, your gross income by household size must be above the following minimum:

Household Size	Minimum Income
1 person	\$18,800
2 persons	\$21,500
3 persons	\$24,200
4 persons	\$26,850

Applicants must meet eligibility requirements for a two-bedroom apartment.

For one bedroom applicants: there are no income restrictions for applications received between the above dates.

AFTER FEBRUARY 24th, APPLICANTS FOR BOTH ONE AND TWO BEDROOMS MUST HAVE A GROSS INCOME ABOVE THE FOLLOWING MINIMUMS:

Household Size	Minimum Income
1 person	\$31,350
2 persons	\$35,800
3 persons	\$40,300
4 persons	\$44,750

Rent for 2012 equals 30% of adjusted household income, not to exceed \$1,189.

Please contact the Management Office for information regarding our waitlists for other income categories.


Applications can be obtained in person from the management office at 140 Evergreen Drive, Bradford or by calling 978-373-2543, Relay 711, and may be returned in person or mailed to the above address. Reasonable accommodations made.


No applications for the two-bedroom very low income, the one-bedroom extremely low income, or the one-person very low income waitlists will be accepted prior to 9 AM on Monday, January 30, 2012 or later than 1:00 PM on Friday, February 24, 2012.

For consideration all applications must be completely filled out and signed by all household members aged 18 or over. Eligible applications will be placed on the appropriate income-based waitlists. Selection of an application from the waitlist for processing is based on income category, then date and time application.

We will reject all incomplete applications. We are not responsible for applications that are lost or delayed in the mail. Faxed applications will not be accepted.

Translation assistance in completing applications is available. Presidential Gardens is an equal housing opportunity property. It is managed and marketed by Maloney Properties, Inc.,
27 Mica Lane, Wellesley, MA 02481.
Phone 781-943-0200
Relay 711.





Josiah Quincy Elementary School- Year of the Dragon Celebrations



PHOTO BY KANE CARPENTER - Students at Josiah Quincy Elementary School performing

By Kane Carpenter
SAMPAN EDITOR

On January 27, in an elaborately decorated gym, Josiah Quincy Elementary School students performed skits, dances, and songs in celebration of Chinese New Year and the Year of the Dragon for teachers, parents and local government officials.

The performances, which began at around 10 a.m. and lasted close to two hours, were arranged by the teachers at the school. According to Josiah Quincy Elementary School Principal Simon Ho, each class had about three weeks to organize and arrange their performances.

City Councilor Bill Linehan was one of many significant figures to attend the celebration and was even given the assignment of handing a bouquet of flowers to one of three Josiah Quincy Elementary School teachers that were in charge of putting on the show.

A total of ten performances, by students from kindergarten to grade 5, took place. A traditional Chinese lion dance, performed by students from the fifth grade, kicked-off the celebrations and a gymnastics showcase by the JQS Flying Dragons, which was made up of students from third, fourth, and fifth grade, closed out the show.

AACA holds Chinese New Year Dinner for Employer Partners



(Back) Eddie R. Mangahas, Deloitte Services LP, Eileen Dern, Hallmark Health Group, Michael Sack, Hallmark Health Group, Rich Jennings, Sullivan Tire, Paul Pierre, Eastern Bank, Deborah Ruhe, Hostelling International New England. (Front) Mary Chin, Asian American Civic Association, Jennifer Tabor, Boston Private Bank Trust Company, Linda A. Moulton, Ceralta Technology Inc., Madge Meyer, State Street Corp., Yongmei Chen, Eastern Bank, Sunny Schwartz, Asian American Civic Association. Photo by Diana Jeong

The Asian American Civic Association (AACA) held a dinner ceremony for the organization's funders and employer partners in celebration of Chinese New Year on January 26, at Empire Garden Restaurant in Chinatown.

The dinner, which hosted jazz musicians John Dreyer and Harvey Diamond, was attended by over 100 people. During the proceedings, AACA Chief Operating Officer Sunny Schwartz presented a 5-minute video clip that showcased the organization's Building Energy Efficient Maintenance Skills (BEEMS) and Part-

nership for Automotive Career Education (PACE) programs.

"State Street is a strong supporter of the work the AACA does," said Madge M. Meyer, Executive Vice President and Chief Innovative Officer at State Street Corporation. "The work they do at the AACA is invaluable to the community."

"[The dinner] was an excellent opportunity to thank our funders, employer partners and students," said Michael Genovese, Director of Development at AACA.

Kwong Kow Chinese School Chinese New Year Celebrations



PHOTO BY KANE CARPENTER - Kwong Kow Chinese School students put on many different performances

By Kane Carpenter
SAMPAN EDITOR

On January 28, Kwong Kow Chinese School held its Chinese New Year celebrations with performances from the school's students. Performances included dancing, singing, poem reciting, and instrument demonstrations.

Close to 100 students and parents crowded into the Kwong Kow Chinese School's auditorium to watch the celebrations, which lasted a little over an hour.

Students, whose ages ranged from kindergarten to grade 5, wore elaborate costumes to perform traditional Chinese dances and songs; one particular highlight being a performance of ethnic-Xinjiang dancing accompanied by music.

Kwong Kow Chinese School is a 95 year-old Chinese heritage school which aims to disseminate Chinese language and culture to Chinese and non-Chinese learners through formal and informal learning opportunities. The school offers after-school and weekend classes for students of all ages.

Among the facilities at Kwong Kow Chinese School are a language center – which offers Chinese language lessons for professional and personal use and are taught at a variety of levels; a cultural center – which teaches Chinese culture courses incorporating music, painting, dancing, theatre, martial arts, calligraphy, and sports; and an education center – which runs programs for parents and communities to meet the needs of lifelong learners and supply continuous education.

East West Bank Chinese New Year Celebrations

By Kane Carpenter
SAMPAN EDITOR



Members of Chinese Calligraphy Association of Boston U.S.A. were showcasing Chinese calligraphy.

On a festivity-filled Sunday afternoon in Chinatown on January 29, East West Bank offered custom traditional Chinese souvenirs for attendees who entered the bank.

East West Bank, which is located near the intersection of Harrison Avenue and Kneeland Street, hosted calligraphers, painters, and artists whom offered free Chinese-style paintings and calligraphy typical of the Chinese New Year time.

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\$173,180

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&

Dighton Public Library
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www.massaffordablehousing.org

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Contact Delphic Associates—508 994-4100

SENIOR HOUSING OPPORTUNITY

Ocean Shores Apartments in Lynn, Massachusetts is actively seeking applications for our wait list.

Applicants must be at least 62 years of age, with annual income not to exceed:
One Person = \$45,100, Two Persons = \$51,550 and must meet HUD eligibility criteria.

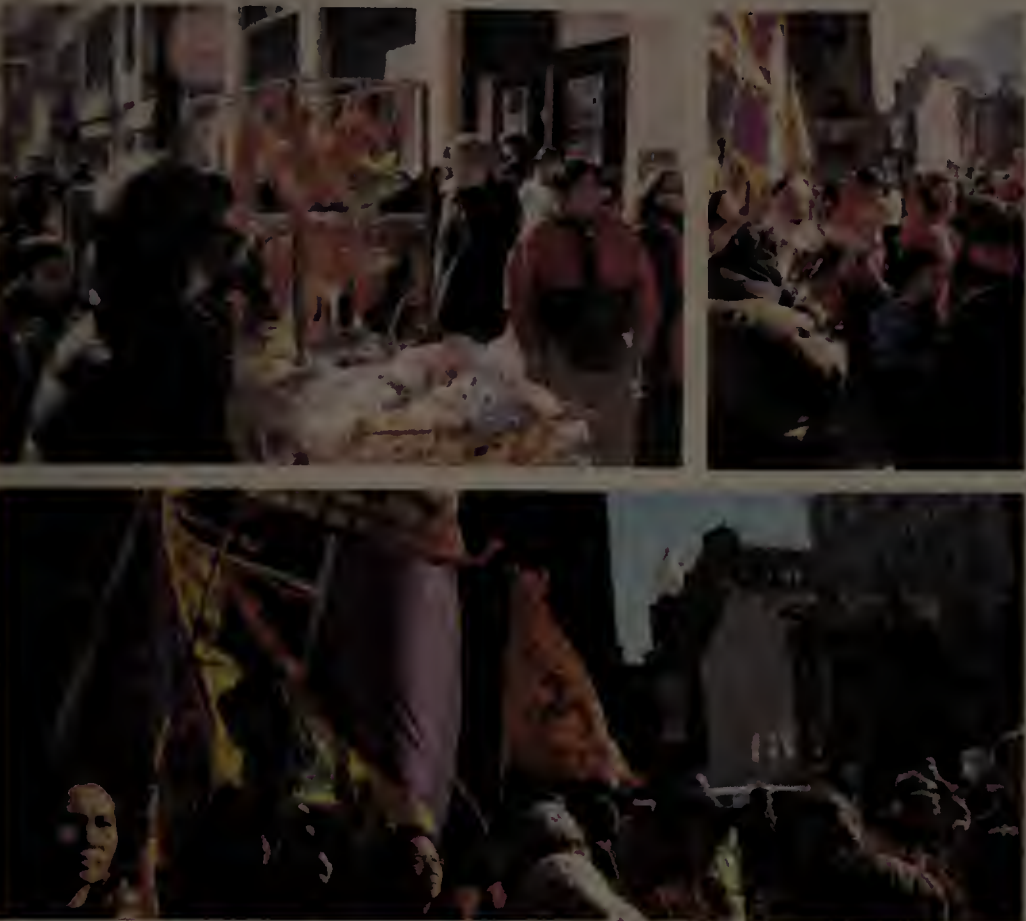
Financed by the Massachusetts Housing Finance Agency.

HARBOR MANAGEMENT

Please call 781-598-5564
TDD 800-439-2370



上千民衆齊集華埠 慶祝農曆新年



波士頓居民均前來參加在華埠舉行的農曆新年慶祝活動。活動上旗海飄揚、並有放鞭炮、傳統舞蹈和音樂等表演。（Kane Carpenter 攝）

喜慶的氣氛在1月29日籠罩著整個華埠，成千觀眾擠滿大街小巷，觀看武術、舞獅和舞龍等表演，熱熱鬧鬧地慶祝農曆新年。

在華埠的每個角落，觀眾都著可以欣賞到許多中華傳統節目。在哈裏森大道(Harrison Avenue)和埃塞克斯街(Essex Street)的交接點，新搭起的舞臺上正在進行傳統武術表演。同一時間，在華埠另一端

的哈裏遜大道和尼倫街(Kneeland Street)的交接點，人群正一邊欣賞舞獅隊的表演，一邊跟隨他們從一個店面走到另一個店面。

農曆新年慶祝活動每年都能吸引大量市民聚首華埠。這節日不但是華人一年中最重要慶的慶祝活動，也標誌著農曆年的開端。今年的農曆新年是1月23日。

（陳公權譯）



Boston United for Students
The Contract: What's in it for Our Kids?

我們現在就需要波士頓公立學校進行教育改革！

對於社區來說，沒有什麼是比其公立學校的教學質量更為重要。

波士頓學生聯盟(Boston United for Students) 代表您主張波士頓公立學校和波士頓教師工會進行教師合同談判，因為我們深知合同的內容直接影響到學校的教學質量！

自 2010 年 5 月起，談判已經僵持了 20 個月，至今仍未結果。

我們呼籲雙方在合同內加入四個關鍵改革方案：

- 更加及時以及有效的進行教師評估
- 增加學校的靈活性，僱用和保留最好的老師
- 增加學生以及家長參與到學校決策的機會
- 豐富學生的課餘生活，為學生們提供各類活動以及課業輔導

我們的學校以及孩子的未來都涉及在這些談判中，我們現在就需要重大的教育改革！

如何幫助我們？想瞭解更多？

請訪問波士頓學生聯盟 Facebook Page:

<http://www.facebook.com/pages/Boston-United-for-Students-Coalition-page/110585649027505>

祥龍賀歲
華美獻瑞

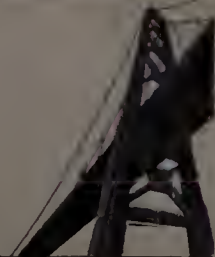
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移民信息

親屬移民類別	全世界 (包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	2004年 09月01日	2004年 09月01日	2004年 09月01日	1993年 04月08日	1997年 03月01日
第二優先 2A	2009年 03月22日	2009年 03月22日	2009年 03月22日	2009年 02月08日	2009年 03月22日
第二優先 2B	2003年 08月15日	2003年 08月15日	2003年 08月15日	1992年 11月22日	2001年 8月15日
第三優先	2001年 10月08日	2001年 10月08日	2001年 10月08日	1992年 12月15日	1992年 07月08日
第四優先	2000年 07月15日	2000年 07月15日	2000年 07月15日	1996年 05月01日	1988年 09月08日

親屬移民排期表

- 第一優先：
美國公民的成年未婚子女
- 第二優先：
2A永久居民的配偶及未成年子女
- 第三優先：
公民的已婚子女
- 第四優先：
公民的兄弟姊妹

職業移民類別	全世界 (包括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	有名額	有名額	有名額	有名額	有名額
第二優先	有名額	2008年 03月15日	2008年 03月15日	有名額	有名額
第三優先	2006年 01月15日	2004年 09月08日	2002年 08月01日	2006年 01月15日	2006年 01月15日
非技術勞工	2006年 01月01日	2003年 04月22日	2002年 07月22日	2006年 01月01日	2006年 01月01日
第四優先	有名額	有名額	有名額	有名額	有名額
宗教工作者	有名額	有名額	有名額	有名額	有名額
第五優先	有名額	有名額	有名額	有名額	有名額

職業移民排期表

- 第一優先：
傑出人才、研究人員、研究人員教授、
- 第二優先：
跨國公司主管
- 第三優先：
技術勞工及專業人士
- 第四優先：
宗教工作者
- 第五優先：
投資移民

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更正：上期中文第三版中，大波士頓地區金色年華老年中心應為大波士頓華人金色年華中心，特此致歉。

摩頓市「華夏之春」賀龍年



「黃強醒獅」生動的舞龍表演揭開了春節聯歡會的序幕

【記者謝婉君於摩頓市報道】第三屆的「華夏之春」聯歡會於一月二十九日在摩頓高中舉行，吸引了超過 650位摩頓市區內外、華洋人士到場欣賞。入場時有書法家吳紹營應邀揮毫，書寫揮春及中文名字。三小時半的中西合璧形式表演精彩，當中有舞獅、武術、扇舞、中國民族舞蹈、古箏、揚琴、街舞 (hip hop)、兒童舞蹈、男女高音二重唱、及由該校高中生一手包辦的時裝表演、壓軸由主持人李照原及劉小梅合唱的「鄉音鄉情」贏得台下掌聲。所有表演非常認真、具有專業水平，聯歡會在一片喜喜洋洋的氣氛下完結。

歡迎賀年詞由摩頓市亞太聯盟主席鄭偉波、及華夏文化協會行政主任洪靜梅分別讀出。摩頓市長Gary Christenson在會議中，更百忙抽空，特別到聯歡會向市民拜年；他穿上中式耀眼的金龍藍衣，祝大家龍年進步，他表示他會為建設摩頓市、打造更美好家園而努力，亦提醒市民有任何訴求，不妨到市府探訪他。

摩頓市民 Bob Kirby觀看聯歡會演出後表示：「我認為各演出非常認真、很好！我已看了好幾年，也看得出主辦人員很落力、覺得有些表演者很有才華呢！」

華夏文化協會行政主任洪靜梅說：「希望明年會有更多的宣傳，有更多其他人來參與、慶祝春節聯歡會。」

籌備人員及演出者劉小梅接受本報訪問時說：「很高興看到大家有這一份熱情來參加，慶祝新年。我們的表演者有小朋友，長者、來自不同階層；我們表演節目的服裝，包含了中華文化不同民族，我們希望大家認識到中國地大，是一個有很多民族而融立的國家，各民族聚首一堂慶祝新年，是一件很開心的事情。」

洪靜梅之後更表示：「此聯歡會的成功，是多得區內很多不同人士及社團的參與及支持，當中包括一百二十位表演者、三十多名義工，我希望大眾欣賞之餘，也會對華夏文化推廣，有多一份支持。」

「華夏文化協會」經常舉辦有關中西文化交流對話講座系列，鼓勵及增進中西文化交流、藉助新移民了解及融入主流社會，了解居民權益與責任，共享社會資源。下次的講座「習慣-可影響人的一生！如何培養有益的習慣？」日期歡迎湧躍參加：二月五日（星期日）二時到四時，報名請電：781.321.6316 或 lynnelle@ChineseCultureConnection.org



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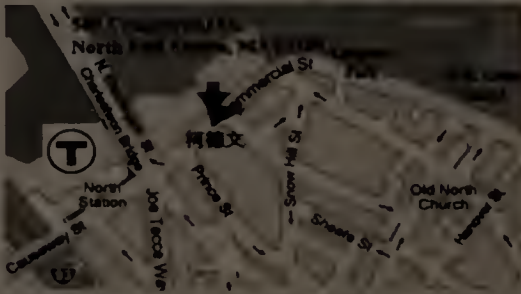
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移民論題：要法治還是公義，兩者能否共存？

在近來有關移民的辯論中，大部分人都錯誤地把重心放在移民合法化的問題上。很多人認為只有擁有合法身份的移民方有權享用政府的福利和服務，而無證移民顯然是非法移民，所以他們不該享用任何福利和服務。他們的論點是政府既然已經沒有足夠資金照顧自己的公民，何解還需花費在非法移民身上。他們認為唯一解決早已失控的移民問題的方法是增加邊界巡邏和身份查證的執法人員。

我們認為這觀點存在著很大的問題。

無證移民多勞少得

很多政治家、清談節目主持人和選民都不知道無證移民是沒有資格領取大部份的政府福利，包括福利金、失業金、退休金、社安補助金、就業培訓、麻省健保和糧食券等等。申請人必須是合法居民和在社安局擁有五至十年的交稅記錄才可獲得申請資格。無證移民兩者皆無。

現今約有六至八百萬沒有身份的工人在美國工作。他們主要從事農場勞力工作或清潔工作，這些工作都是本地工人絕少願意做的。這些移民雖然沒有身份，但仍有賦稅。研究人員認為大部份無證移民都有支付聯邦、州和地方稅。平均來說，每個移民付的稅比他們一生享用的政府服務多八萬美元。由於很多沒有身份的工人都無法從合法的途徑獲得社會安全號碼來工作，社安局便從他們的薪金中扣除了超過四千億美元的社安金，而這些無證移民將永遠無法索回這筆龐大的資金。無證移民唯一可得到的政府福利和服務便是他們的孩子享有憲法權利在公立學校讀書和有限的緊急醫療服務。

我們的政府把錢花在戰爭和銀行援助

假如合法移民和無證移民沒有享用政府福利，為什麼我們一直面對財政短缺問題？是否社安局的系統面臨破產或耗盡了失業信託基金？

人口急速老化和經濟衰退是令政府財政受壓的因素，但若政府能適當地運用資金，我們的稅收是足夠應付在我們的基本需要上。但現實是，接近六成的稅收是花在軍事上，而政府近年更花了數萬億美元來拯救因魯莽投機而幾乎導致破產的銀行。

在軍費方面，全世界人口只佔百分之六的美國卻承擔幾乎一半的全球軍費，其總額相等於其他十個大國所付出的總和！如果美國政府削減四分之一的軍費，便會節省高達二千五百億美元，這足以用於改善民生。另外，單是從伊拉克和阿富汗撤

軍的首年，美國政府將能節省一千一百億美元軍費。

移民增加是經濟全球化所造成

在美國歷史上，近七成的移民直至七十年代都是來自歐洲和加拿大，他們大多是白人，只有低於百分之十的移民是來自墨西哥。當白人佔移民的大多數時，社會上並沒有憤起來反抗移民。

時至今日，當約四分之三的移民和無證移民是來自亞洲或拉丁美洲、白人移民不再佔多數和來自墨西哥的移民佔沒有身份人口半數以上（約 57%）時，社會便釀起反移民風潮。事實上，無證移民大多是不得不離開家園和冒險來美，他們只是試圖謀生和養家。

1. 是什麼原因造成近代移民人口的轉變？

移民法的改變是造成近代移民人口轉變的主因。美國政府在1965年修改了移民配額制度，將百多年優待歐洲移民的制度改為給予所有國家相等配額，以及改變移民政策，並側重家庭團聚和就業技能。全賴民權運動的成功，歧視性嚴重的移民政策終於得到改變，這是導致亞洲的移民在1965年後顯著增加的原因。然而，現今的墨西哥人要獲得居留權（綠卡）卻難過登天，其一是因為墨西哥移民家庭團聚的配額求過於供，他們需要等待數年；其二是很少墨西哥移民擁有美國需求的就業技能，反觀來自紐西蘭的移民卻可能不用等待。因為每個國家不管大小或需求，都有相等的移民配額，所以新西蘭移民有用不完的配額，而且來自新西蘭的移民不多，他們甚至可以參加移民抽籤。

另外，導致近期移民的增加的最大的因素是經濟全球化。隨著七十年代經濟增長放緩和第三世界國家紛紛宣布獨立，企業精英便急需找尋新的增長策略，於是他們在全球各地開發原料、擴展生產和拓展銷售，以求賺取最高的利潤。

這些企業精英倡議的新經濟政策鼓吹自由貿易和小政府，認為這有助於全球的經濟發展。他們的主要觀點是：

- 要求政府私有化和放鬆管制核心行業，如電信業、公用事業和金融服務業；
- 打擊工會和在工人罷工時請替工；
- 減高收入人士和企業應付的稅項，讓工人階層家庭承擔；
- 削減八成的聯邦服務計劃；
- 通過自由貿易協定，如北美自由貿易協定（NAFTA），於美國和墨西哥邊境一帶成立無勞工法管制的自由勞動區，以開闢市場，造福美國公司。

這些自由貿易和小政府政策正在拉丁美洲多國實行，好使商家和金融投機發展迅速，但卻摧毀當地的就業機會，導致嚴重的失業和貧困問題，迫使當地人外遷謀生。許多來自拉丁美洲的移民便因此來到美國，成為無證居民。

2. 苛政猛於虎：若實施越多移民法，我們受到的傷害便會越大，貫徹執行更多的移民法會解決無證移民的問題嗎？

在1986年至2002年期間，邊境執法人員的數目增加了三倍，他們的巡邏時數增加了八倍，邊境巡邏的財政更增加了十倍。與此同時，無證移民的人數卻有增無減！

亞利桑那州在月前通過新的移民法針對「懷疑是非法移民」的人，執法人員對這些人一律可以檢查身份證明文件。這法律等同讓歧視移民和在本土出生的有色人種合法化，而政府立法容許他人侵犯有色人種的公民權利。

不幸地，通過移民惡法的不只是亞利桑那州，許多其他州政府也計劃執行更多的移民法。這些鎮壓移民的機制製造了新的官僚機構。他們耗費數百萬美元，但幾乎沒有發現任何無證移民濫用政府福利，卻侵犯眾多美國公民和合法永久居民獲得他們應有的福利和權利。

用檢查身份證明文件來打擊無證移民的建議並不能解決經濟和政治上的不平衡，反而使更多人冒險來美。這些政策亦只會讓無證工人原本已經低微的黑市身份更加低賤，導致他們隨意受雇主剝削，而壓低所有工人的條件。

3. 是法治重要還是公義重要？

很多有關移民政策的辯論只引導公眾關注這些人是否合法這個狹窄的問題，分散了我們應當專注的真正社會問題：面對無證居民的問題，我們應該做的是什麼？

我們的法律允許農業和企業任意剝削來自墨西哥的廉價勞工，但同時又視這些來謀生的工人階層家庭為罪犯，這是合理的嗎？

從1882年到1940年代，我們的祖先大多是以非法途徑，用買紙的方法從中國來到美國，這是因為美國的排華法禁止他們合法申請移民。按照法律，他們都是非法移民，那麼他們是罪犯嗎？還是法律不公以致迫虎跳牆？

在1800年，美國吞併墨西哥一半的領土，擴大美

國版圖。現在美國西南部多個州原本是墨西哥人的祖家。從那時起，數百萬擁有相同的家庭、社會和文化背景的墨西哥人卻從此要分散兩國；在美的墨西哥人更是在南部邊境外的家人的經濟命脈。北美自由貿易協定允許大企業自由地跨越邊境，不受任何海關或稅法限制，以尋求最大的利益。企業可以自由進出美國尋找機會，但工人就不可以，無證移民來美謀生養家還需要受到懲罰。

他們謀生養家是犯法的嗎？還是法律過時造成不公平？

聲援移民權利

一個公平和人道的移民政策應注重為人創造生存的機會，而不是側重於懲治移民工人。立法者必須知道是經濟全球化造成移民湧入；他們應修改法律，反映當今的全球實況。

最近，亞利桑那州的美國華裔政治家黃先生呼籲公用事業在提供水、電、煤氣或電話服務前，要先查核客戶的移民身份！這類建議不僅浪費金錢，還是多餘的官僚機制，為大眾造成不必要的痛苦。不管是有身份、沒有身份或是公民都會受到傷害。

全國移民辯論已經展開，作為一個主要由移民組成的社區，華埠社區需要認清自己的移民歷史，更好地了解我們自己的利益，並與其他的移民團結起來。華人前進會與移民工人中心聯盟（IWCC）正合作促進移民工人與各族裔社區團結，並與其他亞裔團體一起，提升我們社區對移民權益的認同和積極參與運動。

如果你有興趣參加移民權益的活動，請聯絡我們，電話：617-357-4499。

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華埠昆士小學舉辦 新年慶祝會



昆士小學學生正在表演。(Kane Carpenter 攝)

於1月27日，昆士小學在精心布置的校內體育館內舉辦了農曆新年龍年慶祝會。學生們於會上向家長、老師及當地政府官員表演了小品、歌曲及舞蹈等文藝節目。

這場由學校老師組織的文藝表演從上午10時開始，持續近兩個小時。何少華校長在節目開始時說明每個年級用了大約三個

星期來籌備自己的節目。

市議員Bill Linehan是重要來賓之一。他亦代表向三名組織演出的老師獻上鮮花。

十名表演節目的小演員來自校內各個年級。節目包括由五年級學生表演的舞獅，及由三至五年級學生表演的舞龍等。

歷史學家Mae Ngai 新書介紹會



作家兼歷史學家Mae Ngai在波士頓華人社區中心介紹她的新作。
(Kane Carpenter 攝)

獲獎的歷史學家及作家Mae Ngai於1月28日在波士頓華埠社區中心向來賓們介紹了她的新作《幸運者》(The Lucky Ones)。

該新書介紹會由新英格蘭華人歷史協會主辦，50餘名來賓除聽取講座之外，還有機會獲得Mae Ngai的新書簽名。

《幸運者》講述在19世紀末、20世紀初的社會和歷史背景下，典型的「泰普」式中產階級家庭生活。「泰普」式家庭的說法源於歷史上的「泰普-荷利」事件。事源是舊金山的華人子女因其華人身份入學被拒，父母便把舊金山教育局告上法庭，並最終取得勝利。Ngai的新書對亞裔美國人飽受偏

見的生活作出了新的闡述。

Ngai的書中歷史訊息及其豐富，故事情節由瑪麗和約瑟夫泰普兩位主角揭開序幕，然後將二人逐漸適應異地文化的過程娓娓道來。

Ngai在介紹會上提到自己對華裔中產階級家庭的濃厚興趣，她的新書亦描述了華裔中產階級逐步形成的過程。

Ngai的書如萬花筒般向讀者展現了舊金山灣區「泰普」家庭及社區面面觀。書中的「泰普」家庭由替新移民作翻譯起家，對人世間的忠誠、反目及財富等事有著種種的經歷與體驗。

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每月租金 (50% 計劃)：	每月租金 (80% 計劃)：
一個睡房：\$706	一個睡房：\$1085
兩個睡房：N/A	兩個睡房：\$1269
三個睡房：\$907	三個睡房：\$1434

Avalon Andover的住戶需要自資煤氣、電力、水的供應和排污、電話和有線電視的費用。Section 8 的申請者歡迎申請。

每戶入息上限 (50% 計劃)	每戶入息上限 (80% 計劃)
一人家庭：\$31,350	一人家庭：\$45,500
兩人家庭：\$35,800	兩人家庭：\$52,000
三人家庭：\$40,300	三人家庭：\$58,500
四人家庭：\$44,750	四人家庭：\$65,000
五人家庭：\$48,350	五人家庭：\$70,200
六人家庭：\$51,950	六人家庭：\$75,400

租金及入息上限可有變動。公寓設有FHA制之方便殘疾人士的設施。

AvalonBay Communities, Inc.

波城全美華人金融協會波士頓分會TCFA慶新年盛會



從左到右: Lin Shen, Liz Su, Kun Yang, Shuai Hou, Sophia Luo, Yiyi Xu, Yuping Dong, Hang Su, Min Yi, Zoey (Zhaoying) Lin, Yanjun Fan (牛江河攝)

【本報牛江河報導】新春之際，全美華人金融協會波士頓分會(TCFA Boston)於1月27日晚間假波士頓華埠帝苑大酒樓舉辦了2012年新年慶祝盛會。經濟、商業、金融界人士，其它業界專業人士、社區僑領、社會活動家、學生學者以及親朋好友聚集一堂，聽演講、享美食、交朋友，賓主盡歡。

慶祝會由協會的核心成員之一，現在PanAgora Asset Management任職的楊坤博士主持。這次全美華人金融協會波士頓分會邀請的演講嘉賓是現在哈佛大學經濟系訪學的中國社會科學院金融研究所研究員、教授董裕平博士。他演講的題目是“債務危機與中國經濟”。

董博士在討論西方國家債務危機時，就國際金融危機以來債務狀況普遍惡化，歐洲主權債務危機的高度不確定性，以及西方國家的未來經濟態勢作了深入分析。在討論中國經濟時，董博士以翔實的數據

談了他對“崩潰論”觀點的看法，並指出中國當前經濟發展面臨的多種挑戰，還強調了中國與西方國家在經濟制度上的一些差異。給記者很深印象的是董博士提到的美國《華爾街日報》所發表的題為“中國卓越的經濟模式”的文章。2003年諾貝爾經濟學獎得主羅伯特·恩格爾也指出，就在中國為下一代人制定五年經濟規劃之際，美國人卻隻在為下一次選舉絞盡腦汁，大家聽到這裡，無不會心一笑。

接下來的是相對比較輕鬆的節目，波士頓大學本科二年級學生羅杰兒 (Sophia)演唱“老男孩”。羅杰兒11歲開始學習通俗唱法，並獲得了首屆中國校園歌曲大賽北京市優秀歌手獎；13歲時，不幸患有頸椎失穩（即頸椎病），但她毫不認輸，去美國各大名校周游學習，回國后寫了一本反映中美教育差異的書《13歲的天空沒有悲傷》，並在王府井書店發售。記者從和羅杰兒的交流中進一步了解到她還很有抱負和領導才能，已成

立了一個有關教育的非政府性組織“Folk Ways (眾道)”，發展得很好。

全美華人金融協會成立於1994年，波士頓分會成立於2002年，現擁有會員四百多人，是金融協會最大的分會之一。現任兩位會長分別是在Findelity Investment任職的林兆英，和在State Street Global Markets任職的易敏。在九人組成的核心團隊的帶領下，波士頓分會自成立以來，一直致力於搭建中美金融界的交流、互動及合作。組織了很多有關的國際會議，接待了很多國內代表團。並成為了一個提供中國專業學者學生交流觀點，互相學習，幫助職業發展的一個重要平台，開展了很多學術、社交、娛樂活動。有興趣進一步了解全美華人金融協會波士頓分會的朋友請上網查詢<http://ip-173-201-187-149.ip.secureserver.net/index.php/en/boston-chapter/55-about-boston-chapter.html>

布蘭岱斯大學歡慶龍年

布蘭岱斯大學(Brandies)國際商業學院於27日下午四點舉辦慶祝中國新年的活動。此活動由台灣同學跟大陸同學聯合主辦，活動內容包括寫春聯或中國名字、歌唱、舞蹈、遊戲等節目。現場並且提供中式自助餐，帶給二百多位師生視覺和味覺饗宴，並感受到熱鬧的新年氣氛。

商學院院長麥吉德(Bruce Magid)和學院負責學生活動的莫絲(Viola Morse)也到場共襄盛舉，並且穿

著中國皇帝和皇后服飾。院長笑稱，他一直耳聞中國皇帝的萬人景仰，藉著此次機會也讓他一圓皇帝夢；而在同學的引導之下，院長還寫下“龍”字春聯，期許整個學院也能龍年行大運。

當天節目，台灣同學由兩位一年級研究生-孫瑞蓮和林郁晴同學擔綱主持，他們介紹新年文化和各項表演，讓不同文化的國外同學也能輕鬆體驗、瞭解新年文化。表演節目包括尤楚翔同學演唱撼動全場的“

王子的新衣”；陳政寬同學表演令現場驚呼不斷的扯鈴秀等。節目最後由讓國外同學大開眼界的三太子“保庇”舞蹈畫下圓滿的句點。

該校台灣同學會會長樊長鑫表示，國際商業學院有來自70多個國家的學生，校方為了促進文化交流，均會舉辦各族裔的新年慶祝會，顯示校方很重視各族裔的多元文化。

總統花園公寓 Presidential Gardens Apartments 麻州布拉德福市常綠大道140號 140 Evergreen Drive, Bradford, MA 01835

現正開放單睡房及兩睡房單位銷售輪候名單
由2012年1月30日上午9時起至2012年2月24日下午1時，我們將開放兩睡房單位銷售輪候名單給予放頗低收入及極低收入人士，並公開單睡房單位銷售輪候名單給予頗低收入人士。

低收入及中收入人士銷售輪候名單將繼續開放。

兩睡房單位申請人的除稅前入息必須高於以下最低標準:

住戶人數	入息最低標準
1 人	\$18,800
2 人	\$21,500
3 人	\$24,200
4 人	\$26,850

申請人必須符合兩睡房單位的申請資格。

在以上期限遞交申請的單睡房申請人並無任何入息標準。

在2月24日後遞交申請的單睡房及兩睡房單位申請人的除稅前入息必須高於以下最低標準:

住戶人數	入息最低標準
1 人	\$31,350
2 人	\$35,800
3 人	\$40,300
4 人	\$44,750

2012年的租金相等於調整後的家庭入息的30%，不超過\$1,189。

有關入息資格詳情，請聯絡我們的管理公司。

申請表可於以下地址索取：
140 Evergreen Drive, Bradford
或致電978-373-2543, Relay 711

請親身遞交或郵寄申請表至上述地址。合理的遷就條件適用。

頗低收入及極低收入人士的兩睡房單位銷售輪候名單，以及頗低收入人士的單睡房單位銷售輪候名單之申請在2012年1月30日上午9時前和2012年2月24日下午1時後將不被接納。

申請表必須由18歲或以上的所有家庭成員簽署和簽妥。合資格的申請將被放置在適當的入息輪候名單。申請的挑選條件將按其入息類別、申請日期和時間。我們將拒絕所有不完整的申請，亦不負責任何遺失及延誤的申請郵件。傳真的申請也不被接納。

我們提供翻譯服務予有需要的申請人。總統花園公寓是一座提供經濟房屋的公寓。它的管理及市場策劃公司是Maloney Properties, Inc., 27 Mica Lane, Wellesley, MA 02481

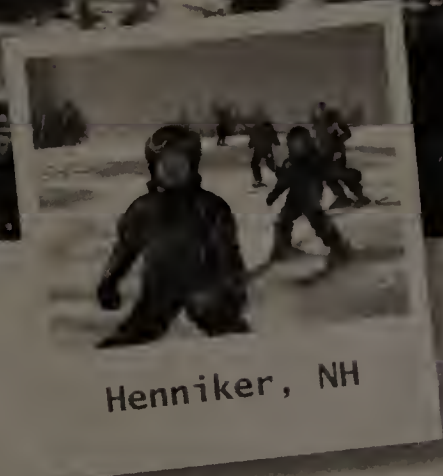
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- ❖ 15人以上團體票優惠
- ❖ 專車從波士頓出發，車程兩小時，需提前訂票

周六早晚發車時刻表

波士頓出發地點	時間
Braintree-35 Roc-Sam Park Rd	11:30am
Comm.Ave/Waren Towers	12:10pm
Ruggles T Station Roundabout	12:30pm
Ske Haus- Salem, NH	1:20pm
返回出發地點	9:30pm

每年最期待的時刻！

Tufts Medical Center

糖尿病症狀，預防措施以及警惕

你是高危人群嗎？

在美國，有5千7百萬人屬於易得糖尿病的高危人群。糖尿病會引起心臟病等其他健康問題。因此，判斷自己是否屬於糖尿病易得人群非常重要。

- 易口渴
- 尿頻
- 體重下降
- 視力模糊
- 易飢餓
- 易疲勞
- 頻繁的皮膚，膀胱或牙齦感染
- 易怒
- 手或腳有刺痛或麻木感
- 傷口癒合慢

請在下次健康體檢時做糖尿病測試，特別是當您符合下述情況時：

- 超重（身體質量指數為25kg/m²或更高，如果你是亞裔，則是23kg/m²或更高）
- 腰圍大於35英寸（女）或40英寸（男）
- 身體運動量少
- 有父母，姐妹，或兄弟患有糖尿病
- 屬於非洲裔，拉美裔/西班牙裔美國人，亞裔美國人，美洲原住民或太平洋群島民血統
- 曾經有過一個重達9磅或以上的嬰兒，或有妊娠糖尿病（懷孕期間的糖尿病）
- 有5.7%或更高的A1C
- 患有糖耐量受損（IGT）或空腹血糖受損（IFG）
- 患有高血壓（超過90，140以上）
- 有一個高密度脂蛋白（良性）小於35和/或甘油三酯（血脂）高於250
- 患有多囊卵巢綜合徵（PCOS）
- 有心臟疾病史（心臟病發作，心絞痛，中風）
- 脖子上或腋窩里有天鵝絨般的褐色斑紋

如何控制糖尿病？

如果您已經有症狀了，通過健康的食物選擇，可以幫助您控制糖尿病。減少每餐的份量，減少攝入脂肪，全天合理攝入碳水化合物，會有所幫助。

如果您超重，請努力減肥，減肥成功後你的身體可以更好地利用你給它的胰島素。增加日常運動量，每天運動大約30分鐘，不僅有助於身體的健康，還可以控制糖尿病。

三個測試

這裡有三個測試，醫生用來檢查糖尿病前期或糖尿病：

1. 一個血液測試，測試您的空腹血糖。測試前至少8個小時不可以飲食。
2. 一個口服糖耐量試驗（OGTT）。先檢查血糖，兩個小時後，須飲用特別的葡萄糖飲料。
3. 一個測量糖化血紅蛋白的血液測試，測量過去2至3個月的平均血糖。

症狀

雖然有一些糖尿病人沒有任何症狀，但是很多糖尿病患者會顯示以下一個或多個的症狀：

華美福利會舉辦春節晚宴



(Back) Eddie R. Mangahas, Deloitte Services LP, Eileen Dern, Hallmark Health Group, Michael Sack, Hallmark Health Group, Rich Jennings, Sullivan Tire, Paul Pierre, Eastern Bank, Deborah Ruhe, Hostelling International New England. (Front) Mary Chin, Asian American Civic Association, Jennifer Tabor, Boston Private Bank Trust Company, Linda A. Moulton, Ceralta Technology Inc., Madge Meyer, State Street Corp., Yongmei Chen, Eastern Bank, Sunny Schwartz, Asian American Civic Association (Diana Jeong 攝)

華美福利會於1月26日在帝苑酒家舉辦了春節晚宴答謝各捐助人、商業合作伙伴及畢業生。

晚宴特邀爵士音樂人John Dreyer及Harvey Diamond作現場音樂伴奏，約百多名嘉賓出席了該晚宴。華美福利會執行官Sunny Schwartz亦於會上致辭，並播放了早前BNN介紹華美「能源有效利用及維

護」和「汽車修理」兩個專業的特輯。

華美發展部主任Michael Genovese認為是次晚宴是向資助人、商業合作伙伴及學生表示感謝的最佳機會。

道富集團（State Street Corporation）的執行副主席Madge M. Meyer表示道富集團是華美強而有力的支持者，並讚嘆華美的工作對社區的極大貢獻。

Admiral's Tower Co-op 海軍樓



Admiral's Tower Co-op, where residents have a voice in the management of their building, is currently accepting applications for studio and one bedroom apartments. 海軍樓是一個備受當地居民稱讚具有一流管理水平的居住大樓，目前正在接受單間和一間臥室公寓的申請。

Located on the beautiful grounds of Admiral's Hill in Chelsea, this active senior housing co-op is within walking distance to shopping, banks, churches and is on an MBTA bus line. 將軍樓座落於美麗的Chelsea將軍山附近，生活環境極其方便，附近設有購物區、銀行、教堂和巴士站。

Features such as:

- Scenic views of The Boston skyline
- Benches and patio for outdoor relaxation
- Access to transportation to Stop & Shop
- Newly opened beauty parlor a block away
- Flea Markets
- Well maintained library
- Ship Store
- an emergency response person

其他特色還包括：

- 能眺望美麗的波士頓風景
- 設有長凳及庭院作戶外休憩
- 連接Stop & Shop的交通設施
- 附近設有剛開業的美容院
- 跳蚤市場
- 設備齊全的圖書館
- 旗艦店
- 配備有緊急聯絡人

Social activities include:

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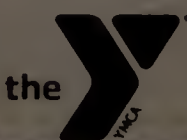
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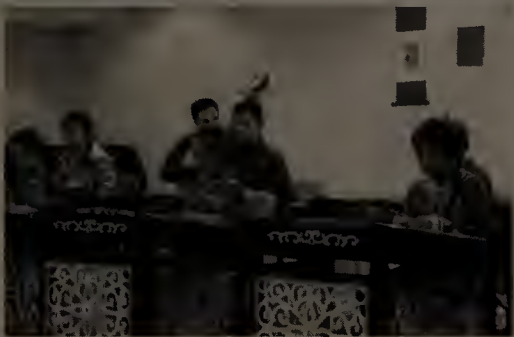
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華埠王氏青年會

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廣教中文學校 舉辦新年慶祝會



圖為中華廣教學校學生豐富多彩的表演。(Kane Carpenter 攝)

於1月28日，廣教中文學校舉辦了慶祝農曆新年的學生文藝表演，節目包括歌舞、詩朗誦及器樂演奏等。

一百多名學生及家長在學校的禮堂內觀看了長達半個多小時的演出。

由幼兒班至五年級學生組成的表演隊伍身穿亮麗的戲服表演中國民族歌舞，當中最令人矚目的是一段新疆配樂舞蹈表演。

擁有95年歷史的廣教中文學校是一所教授各年齡層學生中文和中華傳統文化的教育中心。課程均安排在下午及周末進行。

該校的主要設施是一所語言教育中心，並教授各水平的漢語包括專業漢語及作為個人喜好的興趣漢語等。它亦教授中國傳統文化，包括民樂、國畫、民族舞蹈、戲曲、武術及書法等，另設有成人教育服務。

SUDOKU

易
EASY

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難
HARD

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我們現正誠邀您參加我們的公眾諮詢工作坊以分享您對車資調整及服務改變的意見。

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• 由即日起至2012年3月6日，可郵寄書面意見至MBTA, 10 Park Plaza, Boston, MA 02116, 請註明：Fare Proposal Committee。

• 您亦可電郵您的意見至 fareproposal@mbta.com，或留言在我們的網站www.mbta.com，或致電(617)222-3200，TTY(617)222-5146。

星期一，2月6日
羅威爾市

Lowell
Lowell City Hall
375 Merrimack Street
Council Chambers
5:00–7:00 P.M.

星期二，2月7日
連恩市

Lynn
City Council Chambers
3 City Hall Square
6:00–8:00 P.M.

星期三，2月8日
波士頓市

Boston (West End)
Shriners Hospital
51 Blossom Street
Auditorium
4:30–6:30 P.M.

星期三，2月13日
欣厄姆市

Hingham
Town Hall
210 Central Street
Central Meeting Room
6:00–8:00 P.M.

星期一，2月13日
波士頓市

Boston
Boston Public Library
700 Boylston Street
Boston Room
6:00–8:00 P.M.

星期二，2月14日
弗明漢市

Framingham
Town Hall
150 Concord Street
6:00–8:00 P.M.

星期三，2月15日
昆士市

Quincy
Quincy High School
100 Coddington Street
Auditorium
6:30–8:30 P.M.

星期四，2月16日
摩頓市

Malden
Malden City Hall
200 Pleasant Street
City Council Chambers
6:00–8:00 P.M.

星期二，2月28日
薩默維爾市

Somerville
Somerville High School
81 Highland Avenue
Auditorium
6:00–8:00 P.M.

星期三，2月29日
劍橋市

Cambridge
Citywide Senior Center
806 Massachusetts Avenue
6:00–8:00 P.M.

星期四，3月1日
沃爾瑟姆市

Waltham
Government Center
119 School Street
Auditorium
6:00–8:00 P.M.

星期二，3月6日
布羅克頓市

Brockton
Massasoit Community College
1 Massasoit Boulevard
Liberal Arts Building
Lecture Hall LA 560
6:00–8:00 P.M.



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